

Breastfeeding Tip



hold your baby skin-to-skin as much as you can

Hold your baby skin-to-skin to help:

- breastfeeding go better
- build a strong bond
- stabilize heartbeat and breathing
- decrease crying and stress

Your baby will feel warm and calm being close to your heartbeat. **This is a great job for your partner to help with when your baby is not breastfeeding!**



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